



Gratitude

Overview



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 - ▶ Benefits
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Goal/When



▶ Goal

- ▶ To cultivate gratitude, build optimism and positive thinking
- ▶ To help you cope with daily hassles and stress
- ▶ Help improve the quality of life

▶ When

- ▶ Set aside time on a regular basis
- ▶ Moments of stress to counter negativity

Core Content

Gratitude Defined



**Sense of wonder,
thankfulness and
appreciation for
life**

Core Content

Benefits



Improves health and sleep



Contributes to progress on goals



Helps build social relationships



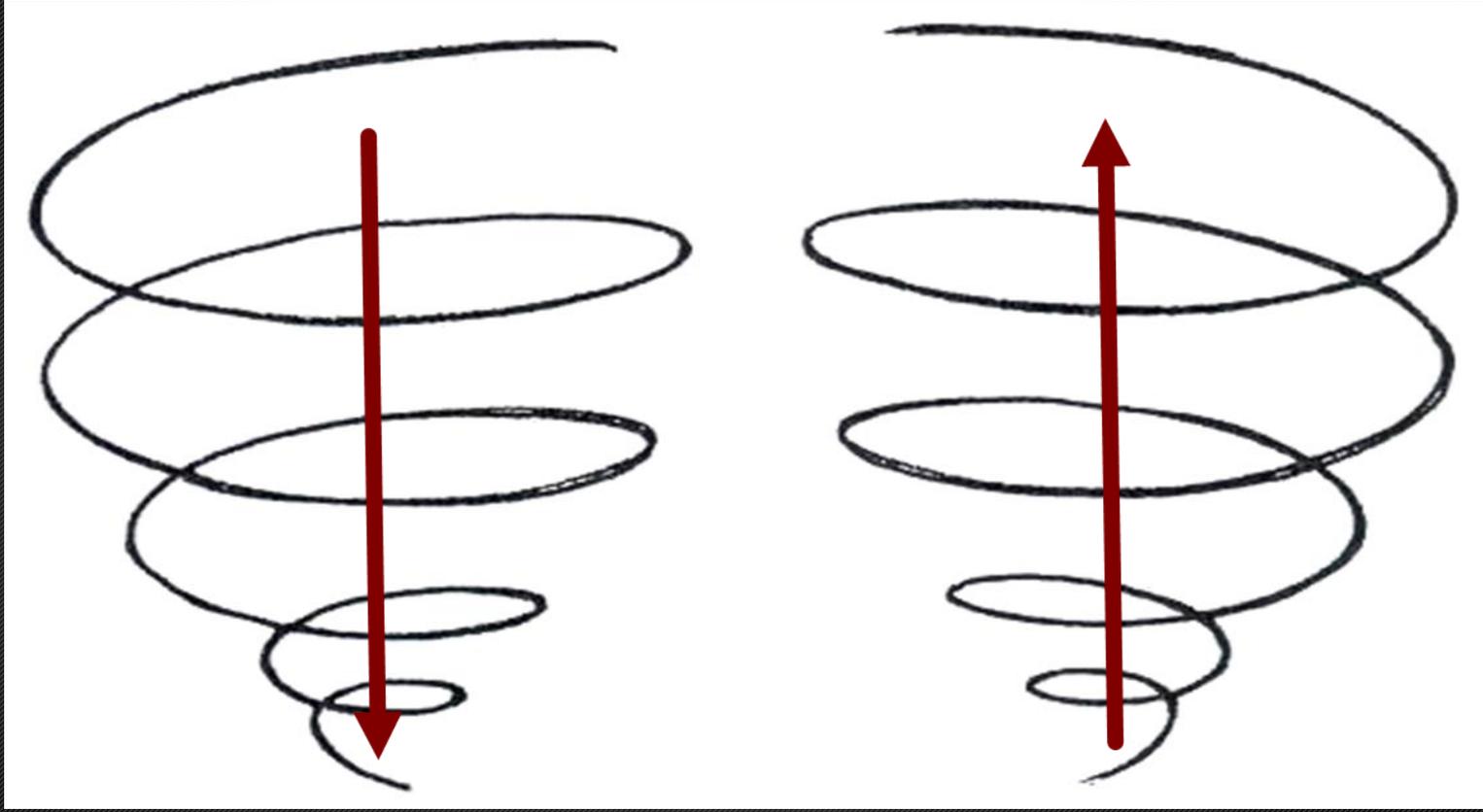
Decreased likelihood of depression, anxiety, and loneliness

Core Content

Negativity Bias



Negative emotions



Positive emotions

Core Content

Cultivating Gratitude



- ▶ What are you grateful for?
 - ▶ Create a regular practice—start daily
 - ▶ Select something recent (past 24 hours)
 - ▶ Be specific

- ▶ Reflect on what you are grateful for:
 - ▶ Why did it go well?
 - ▶ How did you or others in your life contribute to the good thing that happened?

Core Content

Cultivating Gratitude



**When you first
learn the skill,
reflect on the
positive events
 Daily**

Core Content

Cultivating Gratitude



**Vary the
frequency to
find what works
best for you**

Student Activity



- ▶ Identify 3 things in the past 24 hrs for which you are grateful
 - ▶ Events that happened
 - ▶ Something you did well
 - ▶ Goals you have achieved
 - ▶ Individuals who care for you

- ▶ Reflection is key, ask yourself
 - ▶ Why did it go well?
 - ▶ How did you or others contribute?

Skill Review



Gratitude

Goal

To cultivate gratitude, build optimism and positive thinking, help you cope with daily hassles and stress, and improve quality of life.

When

- On a regular basis
- In moments of stress to counter negative thoughts

How

- Write down at least 3 things for which you are grateful
- Reflect on them and ask yourself:
 - Why did this go well?
 - How did I contribute?
How did others contribute?



Gratitude